COMMUNITY

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EL CENTRAL HISPANIC NEWS

Michigan's #1, Oldest, Largest and Only Bilingual Hispanic News • Free! ¡Gratis! • Vol. 34, #26 • **May 4, 2023**

SPORTS

Pages 10 – Michigan Panthers Lose To New Jersey Generals !!!

Desfile y Fiesta del Cinco de Mayo: Música de nuestro patrimonio

Las inscripciones anticipadas para el Desfile y Fiesta del Cinco de Mayo ya están cerradas. Se aplicarán tarifas de registro el mismo día como se describe en la solicitud. La inscripción en el desfile será en el punto de partida, entre la calle Woodmere y Vernor Hwy y la inscripción para la fiesta que se llevara a cabo el mismo día tendrá lugar entre 21st y Bagley St. al momento de llegada.

¿Qué más debe saber para participar en el desfile?

Los participantes del desfile deben cumplir con las reglas y regulaciones que firmaron al momento de registrarse. Cualquier infracción será abordada por el Departamento de Policía de Detroit y los participantes serán escoltados fuera del desfile. No se tolerará la presencia de fuego en los vehículos ni riesgos al momento de la conducción.

Los espectadores del desfile deberán estar de pie o traer su propia silla de jardín para estar cómodos. El desfile terminará alrededor de las 2:30 p. m., le pedimos que planifique su viaje tomando en cuenta los cierres de las calles durante el desfile. ¡Este es un evento familiar para la comunidad!

POR FAVOR LEA DETENIDAMENTE LA SIGUIENTE INFORMACIÓN:

El incumplimiento de las siguientes especificaciones descalificará a los participantes del desfile del Cinco de Mayo.

Reglas y Regulaciones

• Todos los conductores deben poseer una licencia de conducir válida, registro y seguro para todos los vehículos.

• Los participantes son responsables de su propia seguridad; cualquier accidente durante el desfile por causa del participante será responsabilidad de ese participante.

• Queda terminantemente prohibido arrojar o repartir artículos de cualquier tipo desde una carroza o vehículo. Los oficiales del desfile están autorizados para retirar la carroza o unidad del área de reunión del desfile o durante la marcha.

Continúa en la pág.3

Cinco de Mayo Parade and Fiesta: Music of our Heritage

Advance registrations for the Cinco de Mayo Parade & Fiesta are now closed. Same day registration fees will apply as outlined in the application. Same day registration for the parade is at the starting point at Woodmere and Vernor Hwy and same day registration for the fiesta is at 21st and Bagley St. upon arrival.

Last minute things to know for participating in the parade:

Parade procession participants must adhere to the rules and regulations they signed off on in their completed registration. Any infractions will be addressed by the Detroit Police Department and those participants will be escorted out of the procession. No vehicle burnouts or excessive driving hazards will be tolerated.

cont on pg.3

CINCO
DE
Mayo
Parade
&
Festival
Music of our Heritage
Presented by / Presentado por
Mexican Patriotic Committee of Metro Detroit
Parade
Start: Woodmere st + Vernor Hwy
End: Scotten St + Vernor Hwy
Date: May 7, 2023 at 12 pm.
email: admin@mpcdetroit.org
FIESTA @ 21st. + Bagley
Friday May 5, 4pm-8pm
Saturday May 6, 12 pm - 8pm
Sunday May 7, 1 pm -7pm
Information call
313-633-7319
Español 313-231-0711
DROP OFF LOCATIONS
Xochis Gift Shop
3437 Bagley St Detroit MI 48216
(10am to 5pm daily)
Plaza del Sol
3041 W Vernor Hwy Detroit MI 48216
(M/W/F 4pm to 7:30pm, Sat 10 a. M. - 2p. M.)
Mexicantown C. D. C. Office
2835 Bagley, Ste. 895 2nd flr
(Mon-Fri, 10am to 4pm)
DMEX Printing
8340 W. Vernor Hwy Detroit, MI 48209
(Mon-Fri, 11 a. M. - 5 pm)
Call 313.518.4354 to schedule an appointment to meet at Plaza del Sol.

Life Directions to Mark 50 Years Empowering Detroit Youth

By Amber Ogden

Life Directions, located in southwest Detroit, is celebrating a huge milestone with its 50th anniversary of helping and uplifting young people in the city. Their upcoming "Spark of Hope Tribute Gala" on May 6th is a great way to honor the fantastic work they do every day providing proactive mentorship and motivation to youth through peer-to-peer programming.

The organization is genuinely a best-kept secret that deserves more recognition for its consistent success in providing youth and young adults hope. The staff and mentors at Life Directions inspire these individuals to see life as a gift and to dream big, even in the face of adversity caused by poverty, violence, addiction, and homelessness.

The founders of Life Directions, Rev. John Phelps, C.Ss.R., Rev. Alex Steinmiller, C.P., Sister Rosalie Esquerra, O.P., and Alex and Judith MacDonald arrived at the intuitive understanding that it was necessary to "get to the cause of the violence."

"Our vision was born through a series of conversations. We identified some of the key causes of school dropout and violence with the people who were directly living with the effects of trauma," said Life Directions co-founder and president & CEO, Rev. John Phelps, C.Ss.R. "We listened and engaged with the community. We bring a culture of calm amid the chaos with peers inspiring peers to take charge of their lives. It works! 50 years later, Life Directions not only exists, but is thriving."

cont on pg.6

Life Directions programs serve at-risk young adults from 13 to 35

988
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Si tú o alguien que conoces necesita apoyo, llama al 988 (servicio en español) o envía un texto al 988 o chat vía 988lifeline.org (en inglés).
PEP22-08-03-009

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Mexican American Artist Sally Spinale Arredondo's Collection on Display at CCS Student Exhibition

By Amber Ogden

Sally Spinale Arredondo, a graduating senior at the College for Creative Studies, will showcase her complete art collection at the CCS Student Exhibition the day after graduation (she graduates May 11th). Her collection, which took a year to create, draws inspiration from her Mexican heritage.

"I'm really proud of my work for this exhibition, and I can't wait for people to see it. It's been a long journey to get to this point, but all of my hard work has paid off," Arredondo said.

Arredondo spent most of her youth dancing Ballet Folklorico. She made history in 2001 when her dance troupe, Raices Mexicanas, was invited by The White House to the first-ever Cinco de Mayo celebration. Arredondo was seven years old at the time, the youngest member to perform in the Rose Garden.

"Through my art, I hope to share my love for my culture and the beauty that can be found in the traditions and customs of Mexico. Art can bring people together and help us better understand one another. I'm so excited to have the opportunity to share my work with others," she said.

Arredondo says her passion for traditional handcrafting and digital creation has led her to merge the two worlds into a contemporary, feminine way. Each piece represents her dedication to marrying the old with the new. Her art explores the potential of textiles and technology alike. Her art is all about connecting the digital world with the tangible one. She uses textiles to unite these two worlds in a stylish way that exudes feminine elegance.

"Working with my hands has always been a passion of mine, and I love creating digital content just as much. It's essential to find ways to merge these two art forms so that I can feel fulfilled in my work," Arredondo explained.

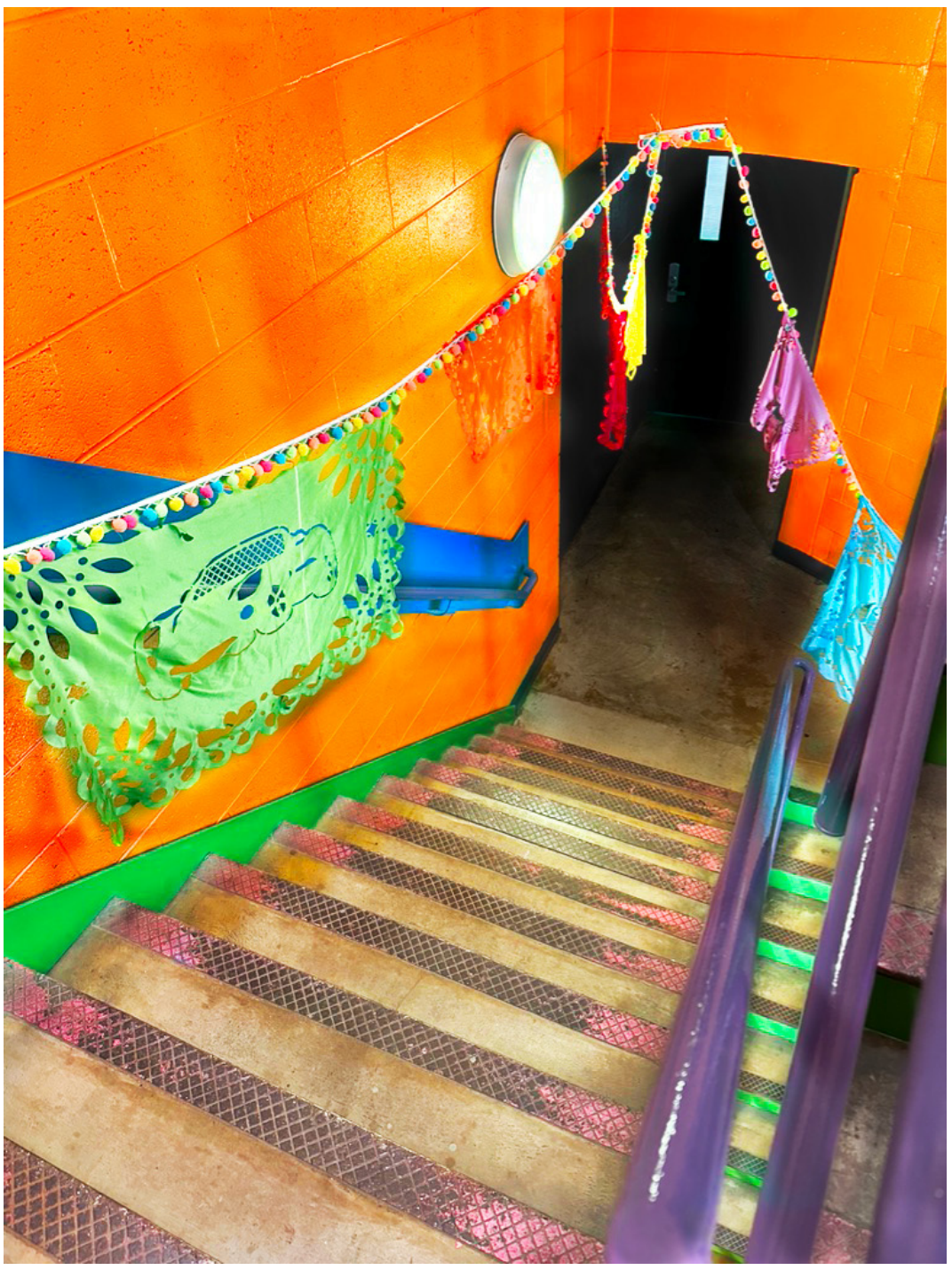
When asked what inspires her work, she says it is drawn from her heritage, her relationship with color, and the female form. "I find inspiration in my heritage, the beauty of color, and the female form. I use a combination of 3D modeling, digital pattern design, and fabric application to create my work, which features vibrant color and dramatic contrast through transparent vinyl materials and hand embroidery techniques."

Catch Arredondo's collection at CCS on May 12th at 6 pm. The event is free along with parking. There will also be live music and strolling hors d'oeuvres and cocktails. Artwork will be available for sale. A collectors' preview and private reception will start at 4:30 pm. The exhibit will be on display until May 26th.

Student Exhibition Opening
College of Creative Studies
201 E. Kirby Detroit, MI 48202
https://www.collegeforcreativestudies.edu/event/save-the-date-2023-student-exhibition-opening/

Shown below is some of Sally Spinale Arredondo's artwork and self portrait.

Amber Ogden is a freelance writer born and raised in Detroit. She has published work in Forbes, Chevy in the D, Model D, and Rachel Ray Every Day. She enjoys art and eating through the city in her free time.



Southwest Detroit in the National Music Spotlight
The 1988 Machito Memorial Concert

By: Ozzie Rivera

In 1988, Southwest Detroit and its Latino community was in the national spotlight. How did that come to be? Those who are familiar with Salsa and Latin Jazz history may recognize the name of the bandleader and singer Machito. His full name was Francisco Raul Griollo. In collaboration with his brother in law, Mario Bauza, he was instrumental in the formation of both Latin Jazz and Mambo. The nation's first memorial concert was held in Detroit!

A well known singer since the 1920's, Machito would go on to form the groundbreaking orchestra "Machito y Sus Afro Cubanos" in 1940. Born in Cuba in 1909 he sang in a number of famous ensembles there between 1928 and 1937. When he moved to New York City in 1937 he joined Bauzá, who already had gained recognition for his work as the musical director of a number of African-American jazz big bands. Those bands included historic figures like Cab Calloway, Fletcher Henderson, and Chick Webb. Bauza went on to introduce jazz trumpeter extraordinaire Dizzy Gillespie and vocalist Sarah Vaughan to some of these bands. Bauza's jazz pedigree was well established by the time the Machito y Sus AfroCubanos was formed. The music played by the band would go on to inspire many jazz greats such as Dizzy Gillespie, Charlie Parker, George Shearing and Stan Kenton among others.

Machito and Bauza blended Cuban and Puerto Rican sounds with big band Afro-American Jazz to develop musical forms that would become known as Latin Jazz and mambo. A New York Latin experience and tradition that would go on to become the world rage. A number of music greats like Tito Puente, who played at the age of 15 with Machito, were incubated in this groundbreaking band. Later on, Tito Puente, Tito Rodriguez and Machito's Afro Cubanos would bring in the golden age of Mambo during their tenure at the Palladium Dancehall in New York City from the late 40's through the early 60's. Latin music would never be the same!

Given this historic contribution a number of Detroit musicians and cultural activists were puzzled that a national memorial concert had not been organized for Machito after his death on April 15, 1984. In 1983, after decades of musical brilliance and being nominated twice before, Machito finally won a Grammy for a recording done in the Netherlands. The following year he would pass. His legacy is maintained by son Mario Griollo, who continues to lead the Machito Orchestra to this date.

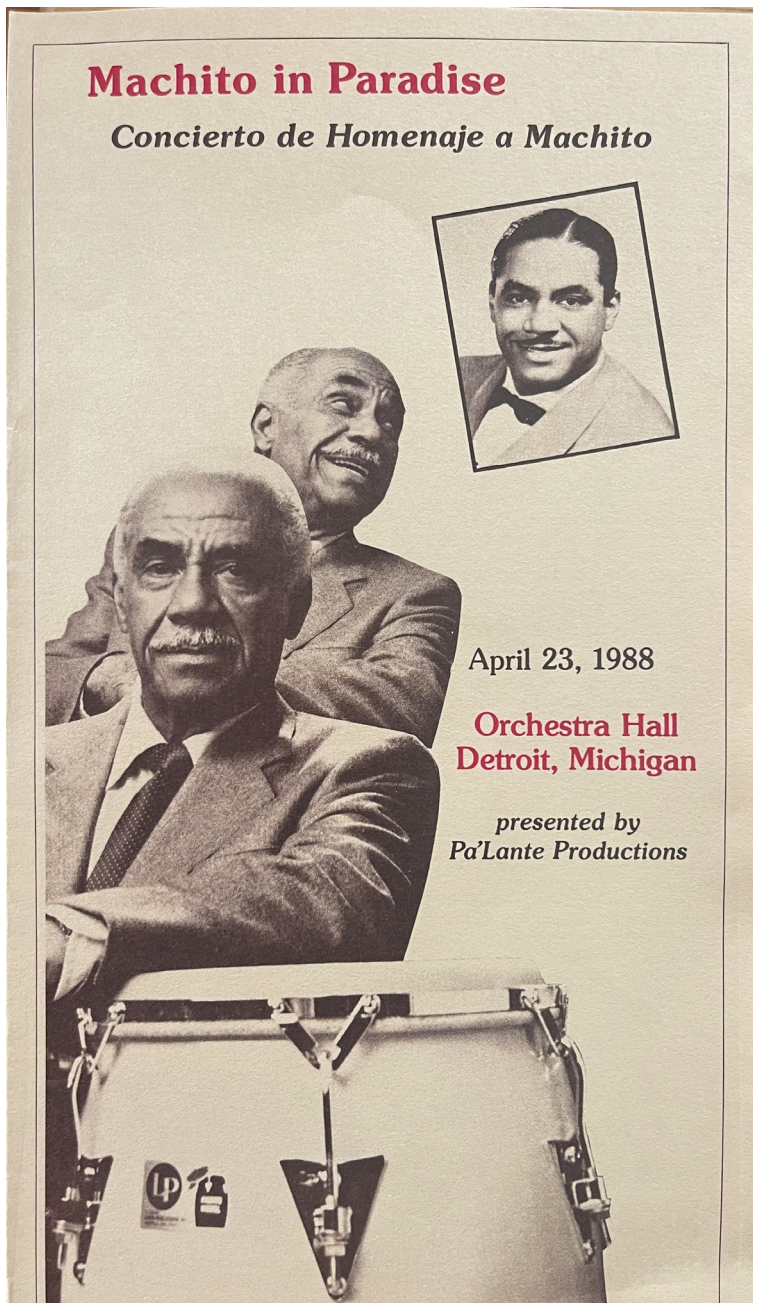
Facing what they considered to be a major oversight, members of Palante Productions Francisco Mora, Bernadette Dickerson, and yours truly decided this had to be corrected. They reached out to Andy and Jerry Gonzalez famed New York Salsa and Jazz musicians and Mario Griollo to begin the work of organizing the first National Machito Memorial Concert. Casa de Unidad, the premier Latino arts organization at the time played a key supporting role. The New York side of the organizing effort was handled by Andy Gonzalez and Mario. The target month selected for the event was April 1988, in order to celebrate the four year anniversary of Machito's death.

To insure significant community turnout they knew they needed an educational campaign about Machito's historic role. Critical to this was the formation of a committee that included educators, community agencies, youth, musicians and artists from not only Southwest Detroit but also from across the broader music community. After a year and a half of comprehensive educational and organizing efforts, the concert was held April 23, 1988, at Orchestra Hall, current home to the Detroit Symphony Orchestra.

Three radio stations collaborated in promoting the event and were represented by their respective Latin music program hosts. Detroit's jazz station WJZZ by Club Caliente program host Carmen Garcia, Public Radio WDET by Latin Quarter program host and the station's music director Jose Gomez and Detroit Public School's WDTR, 90.9 FM by Ozzie Rivera, program host for Caribe Serenade. The three jointly emceed the night's festivities.

Detroit jazz greats like drummer JC Heard, trumpet master Marcus Belgraves joined New York brothers Andy and Jerry Gonzalez on bass and congas respectively, Nikki Marrero famed timbalero and Ismael Miranda who flew in from Puerto Rico to join Mario's sister Paula on vocals. Marrero and Miranda's key roles with the Fania All-Stars is well known to salsa aficionados. Veteran musicians from Detroit's jazz and New York's salsa music communities rounded out the 20 plus orchestra.

A sold-out crowd of over 1,000 individuals filled the hall. A high percentage were current and former Southwest Detroit residents. All knew history was being made, especially because the venue was not typically associated with the vibrant Detroit Latin dance scene of the time. The atmosphere was electric from the very first song and continued throughout the almost 2-hour concert. Audience members chimed in singing well known choruses and occasionally got up in the aisles and danced their hearts away. New York mambo dancers Ernie Ensley and Ana Anaya excited the crowd with their electrifying performance adding even more spice to the evening.



Machito Concert Poster

That night Detroit's Latino community enjoyed the national spotlight. I still run into people who excitedly reflect on their attendance then and their pride they were able to revel in the national attention. They realize history had been made.

****

Ozzie Rivera, a retired social worker, is a cultural activist and musician who currently teaches on Afro Latino History and Culture at Wayne State University and social work at the University of Michigan.

Cinco de Mayo Parade and Fiesta

Con't from pg. 1

Parade spectators should expect to stand or bring their own lawn chair to be comfortable. The parade will end around 2:30pm so please plan your trip accordingly around the road closures for the duration of the parade. This is a family-friendly event for the community!

The Cinco de Mayo Parade Rules and Regulations:

• All drivers must possess a valid driver's license, registration and insurance for all vehicles.

• All participants are responsible for their own safety; any accidents during the parade through the fault of the participant is the responsibility of that participant.

• Throwing or distribution of items of any kind from a float or vehicle is strictly forbidden. Parade officials are authorized to remove the float or unit from the parade assembly area or during the line of march.

• All animal units must be registered by parade application. Each group must provide street cleaning services following horses in the assembly area, along parade route, and in the disbanding area. Animals on a leash deemed dangerous to the public are not permitted.

• NO SAVED PLACES! All parties must be present as parade forms on a first come, first serve basis and you must be in formation starting at 8:30 a.m. Formation stops at 11:30 a.m.

• NO ALCOHOLIC BEVERAGES ARE ALLOWED FOR PARADE PARTICIPANTS IN OR OUT OF VEHICLES.

Desfile y Fiesta del Cinco de Mayo

Con't de pg. 1

• Todas las unidades de animales deberán estar registradas en la aplicación del desfile. Cada grupo deberá proporcionar servicios de limpieza de la calle, siguiendo a los caballos en el área de reunión, a lo largo de la ruta y en la zona de clausura. No se permiten animales con correa que se consideren peligrosos para el público.

• ¡NO SE RESERVARÁN LUGARES! Todas las partes deben estar presentes, así como los formularios de inscripción por orden de llegada y deberán estar en la fila partir de las 8:30 a. m. La formación finalizará a las 11:30 a. m.

• NO SE PERMITEN BEBIDAS ALCOHÓLICAS PARA LOS PARTICIPANTES DEL DESFILE DENTRO O FUERA DE LOS VEHÍCULOS.

¿Se están acumulando tus facturas?

Nuestro Préstamo de Mano Amiga te permite volver a la normalidad rápidamente. Consolida tus deudas con tasas de interés altas en un préstamo con una taza de interés más baja y razonable. Con un interés tan bajo como 8.99% APR, sentirás alivio al poder pagar tus facturas más rápido y con menos interés.

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Special, World's Cultures Puebla, MX

Recipe: Chile in Nogada Cream

The chiles en nogada are the dish that Mexico has taken as a symbol of its gastronomy, since its colors recall the national flag, but also the set of flavors returns the taste of the countryside with the poblano chile, winter walnut, autumn pomegranate, meats and nuts.

Although the recipes vary from city to city, as well as from chef or family, there are aspects in common among all the recipes: Chile stuffed with meat bathed in walnut cream and with a touch of pomegranate segments.

Ingredients:

4 whole poblano chiles roasted and peeled
½ cup of pomegranate seeds
2 teaspoons chopped fresh parsley

Stuffed:

½ pound ground beef
5 dried pitted prunes, finely chopped
5 dried peaches chopped into small pieces
5 dried apple apricots, chopped into small pieces
½ cup of chopped mixed nuts, can be peanuts and pecans
½ onion chopped into small cubes
½ teaspoon dried thyme
½ teaspoon dried marjoram
Salt and pepper to taste

Nogada cream:

½ cup soaked walnuts (preferably shelled)
1 teaspoon brandy
½ cup half cream or sour cream
5 tablespoons of sugar
¼ cup of milk for coffee or half and half

Preparation:

For the Filling: In a hot skillet over medium heat, fry the onion until it is transparent. Add the meat and season with thyme, marjoram, salt and pepper to taste, preferably white pepper. Once the meat is cooked, the dried fruits are added, as well as the mixed nuts. Since everything is well cooked and a little dry, it is set aside.

For the cream: blend the media crema with the half and half, the brandy and the sugar. Add the soaked walnuts so that they are well ground, and once the mixture is homogeneous, remove it.

The tatemado poblano pepper is stuffed with the meat stew, bathed in the walnut sauce, sprinkled with pomegranate and parsley to refer to the Mexican flag with Green, White and Red.

Diles que lo viste en *EL CENTRAL*

Tell them you saw it in *EL CENTRAL*

Puebla

Puebla is one of the states with the richest culture, and above all, internationally representative for its haute cuisine gastronomy. Unlike Oaxaca, where its cultural wealth is imprinted in its culinary tradition in markets and homes.

In Puebla, cooking has been taken to professional levels, with universities and courses that help develop those talents to perceive, combine and find in the ingredients the possibility of going back to the past from a contemporary, sometimes futuristic interpretation of cooking. molecular.

In Puebla you can find a tradition of pottery and architecture of color and refinement visible in each of the temples, plazas and markets of talavera crafts. About 20 minutes away is Cholula with the pre-Hispanic temple buried in a mountain on which a church was built.

With its volcanoes Iztacíhuatl and Popocatépetl, Puebla is a land of landscapes and cultural wealth that makes it not only a magnificent city, but also one of the outstanding states in Mexico, since its people are recognized for their discipline to develop from start to finish projects.

ESPECIAL CULTURAS DEL MUNDO
Puebla, MX

Receta del Chile en Nogada

Los chiles en nogada son el platillo que ha tomado México como símbolo de su gastronomía, puesto que sus colores rememoran la bandera nacional, sino que también el conjunto de sabores regresa el gusto de campo con el chile poblano, de invierno de nogal, de otoño de granada, carnes y frutos secos.

Si bien, las recetas varían de ciudad en ciudad, así como de chef o familia, existen aspectos en común entre todas las recetas: Chile relleno de carne bañado en crema de nuez de castilla y con un toque de gajos de granada.

Ingredientes:

4 chiles poblanos tatemados y pelados enteros
½ taza de granos de granada
2 cucharaditas de perejil fresco picado
Relleno:
½ libra de carne molida de res
5 ciruelas pasas secas sin semilla picadas en trozos pequeños
5 duraznos secos picados en trozos pequeños
5 orejones de manzana seca picados en trozos pequeños
½ taza de nueces mixtas troceadas, pueden ser cacahuates y nueces pecanas
½ cebolla picada en cubos pequeños
½ cucharadita de tomillo seco
½ cucharadita de mejorana seca
Sal y pimienta al gusto
Crema de nogada:
½ taza de nuez de castilla remojadas (de preferencia sin cáscara)
1 cucharadita de brandy
½ taza de media crema o crema ácida
5 cucharadas de azúcar
¼ de taza de leche para café o half and half

Preparación:

Para el Relleno: En un sartén caliente a fuego medio se sofríe la cebolla hasta que queda transparente. Se añade la carne y se sazona con el tomillo, la mejorana, sal y pimienta al gusto, de preferencia pimienta blanca. Una vez cocida la carne, se agregan los frutos secos, así como las nueces mixtas. Ya que esté todo bien cocido y un poco reseco, se aparta.

Para la crema: se licúa la media crema con la half and half, el brandy el azúcar. Se agregan las nueces de castilla remojadas para que queden bien molidas, y una vez que la mezcla quede homogénea, se retira.

El chile poblano tatemado se rellena con el guiso de carne, se baña con la salsa de nuez de castilla, se salpica con la granada y el perejil para remitir a la bandera mexicana con Verde, Blanco y Rojo.

Espera nuestro Especial Semanal
CULTURAS LATINOAMERICANAS,
by Mariana Ayón RV

Puebla

Puebla es uno de los estados con más riqueza cultura, y sobre todo, representativo a nivel internacional por su gastronomía de alta cocina. A diferencia de Oaxaca que su riqueza cultural se imprime en su tradición culinaria en los mercados y hogares.

En Puebla se ha llevado la cocina a niveles de profesionalización, con universidades y cursos que ayudan a desarrollar a aquellos talentos a percibir, combinar y encontrar en los ingredientes la posibilidad de remontar al pasado desde una interpretación contemporánea, a veces, futurista con la cocina molecular.

En Puebla se pueden encontrar una tradición de alfarería y arquitectura de color y refinamiento visible en cada uno de los templos, plazas y mercados de artesanías en talavera. A unos 20 minutos se encuentra Cholula con el templo prehispánico enterrado en una montaña sobre el que se construyó una iglesia.

Con sus volcanes el Iztacíhuatl y el Popocatépetl, Puebla es una tierra de paisajes y riqueza cultural que la hace no sólo una ciudad magnífica, sino también, uno de los estados sobresalientes en de México, puesto que su gente es reconocida por su disciplina para desarrollar de principio a fin proyectos.

Life Directions to Mark 50 Years

Con't from pg. 1

Helping teenagers and young adults between the ages of 13 to 35 to mature into responsible and productive adults is one of the main goals of Life Directions. They do this by emphasizing core values such as self-responsibility, relationship balance, partnership in diversity, and a mission-driven attitude. Through its programs, Life Directions has established a proven track record of success that benefits men and women throughout their lives.

The highly anticipated 50th Anniversary Gala will be led by Chairman Patrick A. Rugiero of Roman Village Cucina Italiana and Honorary Chairperson Ed Peper of General Motors Fleet. This year's gala will also pay tribute to Mary Kosch of Dearborn Sausage, who will receive the 2023 Guiding Light Award, and the Hathaway Family, who will be honored with the 2023 Lifetime Achievement Award.

The Spark of Hope Tribute Gala is happening on Saturday, May 6th, at One Campus Martius. Guests can look forward to an evening filled with community and empowerment, as well as delectable cuisine, exciting entertainment, and live and silent auctions. For more information, visit www.lifedirections.org or call 313-399-9531.

Amber Ogden is a freelance writer born and raised in Detroit. She has published work in Forbes, Chevy in the D, Model D, and Rachel Ray Every Day. She enjoys art and eating through the city in her free time.

Michigan Central Launches in Reimagined Book Depository

Michigan Central, the new 30-acre center advancing mobility-focused technologies, recently celebrated the official grand opening of Newlab Detroit's headquarters in the restored Book Depository building. The official launch of Michigan Central – the vision of Ford executive chairman Bill Ford – represents a major milestone toward creating a world-leading open platform to accelerate the development of breakthrough solutions at the intersection of mobility and society.

"Five years ago, we set out to create a place that would accelerate Detroit and our region's role in solving the most pressing mobility challenges and change people's lives for the better," said Bill Ford, executive chair of Ford Motor Company. "With the opening of Newlab Detroit in the Book Depository, the first building completed in Michigan Central's campus, that vision is becoming a reality. We see an opportunity to bring new companies and jobs to Michigan, while also attracting the best and the brightest talent for our industry."

Newlab at Michigan Central will create a center of gravity for startups, entrepreneurs, engineers and scientists to build breakthrough companies in Detroit. Building on its success in Brooklyn, Newlab is scaling its model of applied innovation to create the conditions for a sustainable high-tech startup ecosystem to take hold in the region.

Originally built as a post office and mail-sorting facility, and then used as the Detroit Public Schools' Book Depository, this historic, 1936 Albert Kahn-designed Art Deco landmark is now a center of innovation and technology. Michigan Central collaborated with Newlab to reimagine the building as a 270,000-square-foot dynamic workplace with purpose-built labs to advance innovation.

Already, Newlab Detroit, has attracted more than 150 members from more than 25 companies, a third of which are led by founders who are underrepresented in tech. Half of the companies are from the Detroit area, and the rest have come to Detroit from around the country and the world to join Newlab at Michigan Central. Collectively, the companies already located at Newlab have raised more than $500 million in venture capital funding.

"Michigan Central is a first-of-its-kind open platform, underpinned by Ford's commitment to help advance future technologies and skills. It will become a proving ground to drive new innovation across physical solutions, social and economic mobility," said Joshua Sirefman, CEO of Michigan Central. "This is just the start for Michigan Central as we look to scale the attraction of more companies and investment from around the globe to make an impact here in Detroit and Michigan that will be felt across the world."

Michigan Central's Impact in Detroit

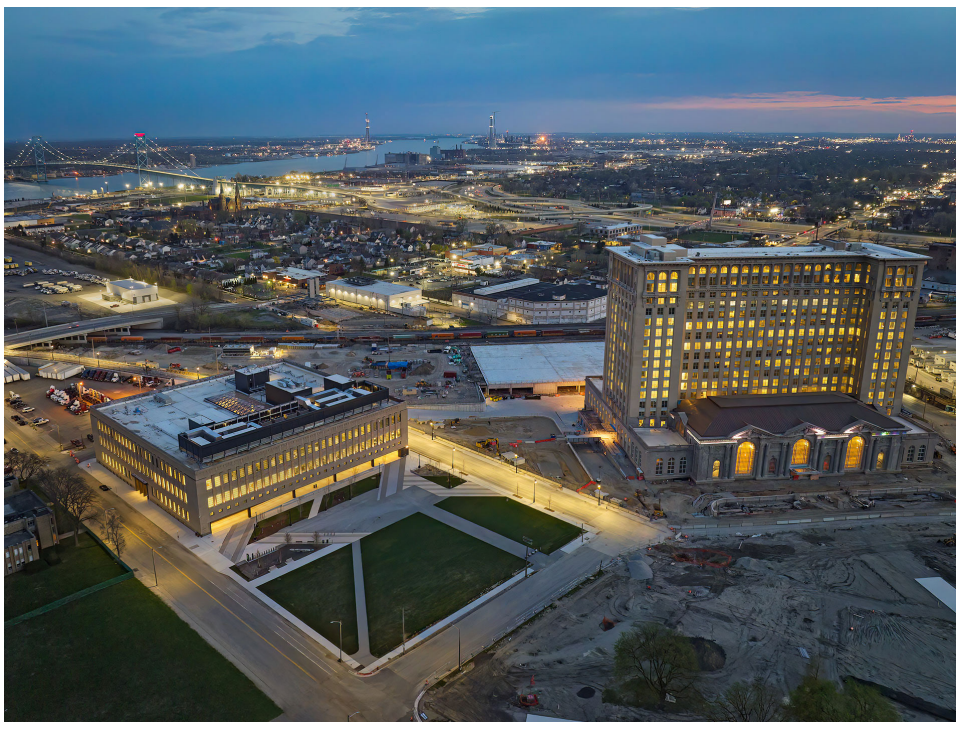
To lead as a trailblazer in mobility, Detroit must galvanize talent and capital to build a world-class innovation ecosystem. Michigan Central is the platform catalyzing this transformation and supports Detroit's evolution as a mobility tech center.

"Newlab at Michigan Central is essential to making Detroit the leading hub of global mobility innovation, and is a key platform for economic development in Michigan," said Governor Gretchen Whitmer. "We are proud to bring key partners together to create good-paying jobs, revitalize Corktown, and create unparalleled opportunities in Detroit as we bring historic buildings back to life. With our economic momentum and powerful economic drivers like Michigan Central, we will lead the future of manufacturing, support entrepreneurs, and keep bringing jobs and supply chains home."

"Detroit has long been the center of American innovation, and the launch of Newlab at Michigan Central builds upon that tradition," said Detroit Mayor Mike Duggan. "Michigan Central will be a tremendous economic development engine for Detroit, attracting and growing top mobility companies and entrepreneurs, locally and from around the world, to innovate and build their products right here."

Projected to attract thousands of new jobs to Michigan Central, the campus will offer high-design innovation and collaborative workspace, residential, dozens of acres of green and open space for the community, and retail and hospitality.

Michigan Central also is committed to helping more Detroit residents and others gain skills they need to join the mobility workforce through Michigan Central's Skills at the Seams program. Entry-, medium- and high-skill levels can learn through traditional classroom-style courses, internships and fellowships, apprenticeships, and other experiential learning opportunities.



Book depository skyview angle

Newlab at Michigan Central Interior

EL CENTRAL
HISPANIC NEWS

Michigan's #1 oldest, largest and only bi-lingual Hispanic news. Multi-year winner of Jose Marti National Award for excellence in Editorial and Design. Published in Metro Detroit since 1988. Minority (Hispanic) and woman owned

El Central informs and celebrates Metro Detroit's Hispanic and Latino/a community and Southwest Detroit in particular and supports the professional development of local reporters and photographers who seek to enter the journalism profession.

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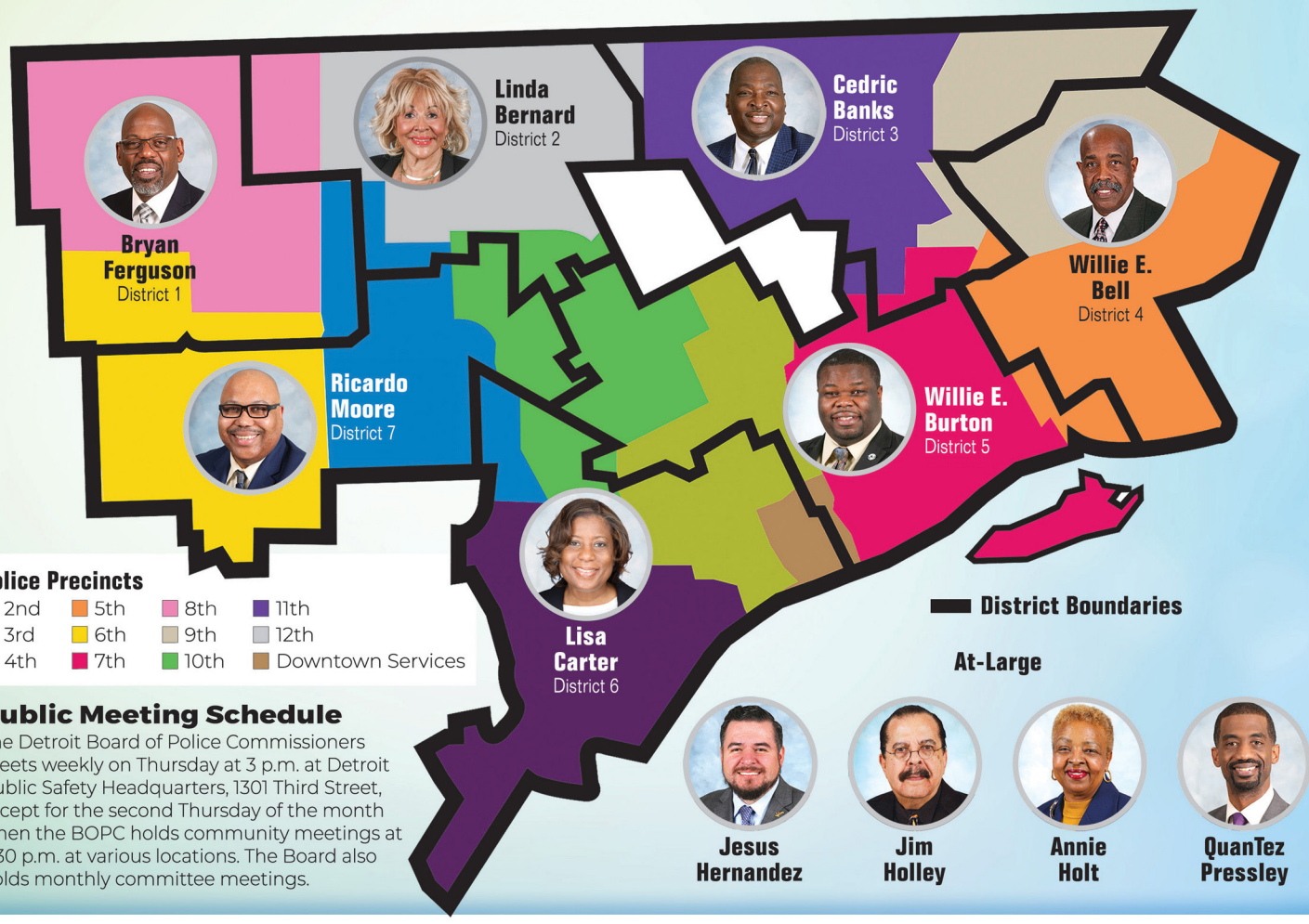

Public Meeting Schedule

The Detroit Board of Police Commissioners meets weekly on Thursday at 3 p.m. at Detroit Public Safety Headquarters, 1301 Third Street, except for the second Thursday of the month when the BOPC holds community meetings at 6:30 p.m. at various locations. The Board also holds monthly committee meetings.

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DWIHN Announces Four-Point Plan to Expand Mental Health Treatment in Metro Detroit

On April 26, the Detroit Wayne Integrated Health Network (DWIHN) announced a four-point comprehensive plan to improve behavioral health treatment care capacity in Metro-Detroit by seeking the state's support to invest $227 million in crisis care and residential housing.

DWIHN President and CEO Eric Doeh was joined by Mayor Mike Duggan, Wayne County Executive Warren C. Evans, and state health officials to address gaps in mental and behavioral health services for vulnerable residents.

The plan includes increasing capacity for short term and long-term inpatient housing by providing an additional 450 beds at a newly developed Crisis Care Center and specialized holistic and integrated resource center. DWIHN recognizes that behavioral healthcare changes are needed throughout our community. The need to improve mental health capacities and the infrastructure in Metro Detroit is essential.

"Creating more opportunities for our region's most vulnerable persons by including step-down approaches to long-term care, expanded residential services, and the ability to offer behavioral health interventions for families are critical, and the time to act is now." Eric Doeh, President, and CEO of DWIHN.

DWIHN is the largest community mental health organization in the state and is currently in the process of expanding needed behavioral healthcare services with the goal of establishing a fully integrated crisis continuum care system to best serve our vulnerable residents. This infrastructure will help persons suffering with mental illness, intellectual and development disabilities, substance use disorders and children with serious emotional disturbances. By utilizing a data driven, solution-minded approach, residents will benefit from increased access to recovery-oriented care through a person-centered and trauma informed model of healthcare service delivery.

DWIHN has been working with the Wayne County Executive's Office, City of Detroit Mayor's Office, and a coalition of community stakeholders to improve the resources available throughout our region. By implementing crisis intervention training for first responders, emergency service personnel can intervene on crisis management, apply appropriate de-escalation skills, and triage cases that require psychological intervention rather than making arrests and incarcerating the mentally ill.

"DWHN's plan to rebuild mental health treatment capacity for our most vulnerable residents will fill the gaps in mental healthcare system that have existed for decades now," said Mayor Duggan. "Providing this added capacity will save lives by helping to prevent individuals experiencing a mental health crisis from causing harm to themselves or others, or just getting caught up in a criminal justice system that is not equipped to meet their needs. We have the data to demonstrate the need for these additional beds and support DWIHN's efforts in working with the state to secure the funding needed to support them."

Currently, residents with severe mental health issues sit on waitlists for in-patient treatment. Law enforcement is often the first to engage with untreated individuals when families become overwhelmed with what to do with their loved ones. As a result, too often our emergency departments and jails are the first stop for persons experiencing a behavioral health crisis.

"It's no secret that I've spent more than half of my life in law enforcement," said Wayne County Executive Warren C. Evans. "I've seen cases where mental health was a factor. Since 1992, when Governor Engler stopped State funding to the Lafayette Clinic, we've searched for ways to treat and care for those with severe mental illnesses who find themselves in the criminal justice system. These individuals do not need jails, they need resources, trained professionals, and a safe place where they can receive treatment. That's why I'm proud to stand alongside DWIHN on the initiative to Expand Mental Health Treatment Capacity. This will not only serve the residents of Wayne County, but it'll expand our ability to truly impact an overwhelmed system."

Current Behavioral Healthcare Revolving Door Frequent and repeated users of emergency services with serious mental illnesses (SMIs) become a part of the mental health system's "revolving door," in which SMI patients cycle through the emergency care and justice systems due to insufficient or unavailable treatment options.

DWIHN's solution centers on a comprehensive 4-point plan to address long and short-term treatment capacity:

1. Crisis Care Center: +60 beds
2. In-patient Psychiatric Care: +160 beds
3. Specialized Residential Housing: +120 beds
4. Integrated Residential Housing: +110 beds

These new accommodations would add a capacity of 450 beds to facilitate individualized and comprehensive care for the targeted group of "revolving door" individuals, as well as alleviate the region's overburdened justice and mental Services.

If you or someone you know is interested in learning more about DWIHN's programs and services, please call 800-241- 4949 or visit www.dwihn.org. Residents can speak to a trained staff member that is available 24/7 to help get you or a loved one connected to behavioral healthcare services.

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Michigan Panthers Lose to New Jersey Generals !!!

EL CENTRAL HISPANIC NEWS SPORTS

Sports Editor: Dan Graschuck/ EL CENTRAL

This past Sunday, the Michigan Panthers hosted the New Jersey Generals, at Ford Field, in front of appx 7,500+ fans.

This is the first time the Panthers have played in Michigan in over 40 years.

The Panthers were coming into this game undefeated 2-0, but could not beat the Generals, and lost 28-13.

The Michigan Panthers (2-1) host the Memphis Showboats (0-3), this Saturday, May 6th at 7:30 pm, at Ford Field.

The Michigan Panthers then host the Pittsburgh Maulers, on Saturday, May 13th at 12:30 pm, at Ford Field.

Photos by: Adam J. Dewey/ unless otherwise noted

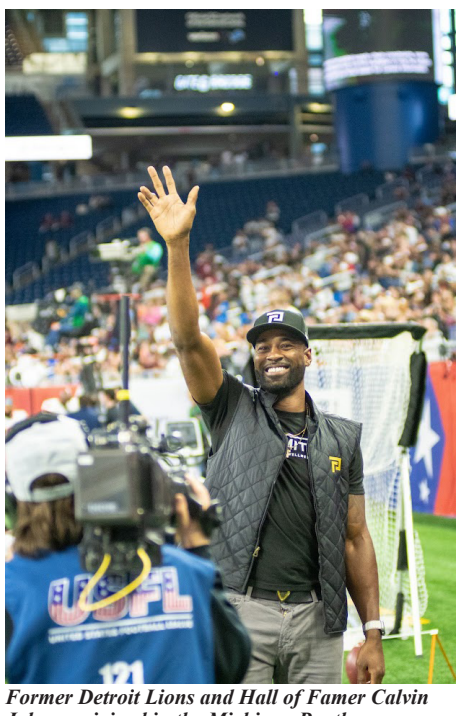
Photos below are highlights from the Michigan Panthers vs. New Jersey Generals

(L-R) Bobby Hebert (quarterback for the original Michigan Panthers), is given a jersey from the USFL president Daryl Johnston, during half time at Ford Field. Photo by Mike Alberts/ EL CENTRAL

Big E (center, a WWE Superstar wrestler) will be rallying the fans, for all Michigan Panthers home games, this season, with Michigan Panthers mascot "Pablo" (left). WWE Summerslam will take place at Ford Field, on August 5th.

(L-R) After their game finished at Comerica Park, Detroit Tigers Jake Rodgers and Spencer Torkelson, along with Tarik Skubal and Riley Greene came over to join in the Michigan Panthers homecoming party. Mike Alberts/ EL CENTRAL

Generals RB #27 Darius Victor (from Towson University) makes a play against the Michigan Panthers defense. Victor scored 2 touchdowns against the Panthers, to help his Generals defeat the Panthers 28-13.



Former Detroit Lions and Hall of Famer Calvin Johnson, joined in the Michigan Panthers homecoming party

Former Detroit Piston and Hall of Famer Ben Wallace, joined in the Michigan Panthers homecoming party

Panthers WR #18 Trey Quinn (SMU) mkaes a 28 yard touchdown late in the first half

EL CENTRAL HISPANIC NEWS
Pateando la No. 5
SPORTS

City Sinking Fast

David Levine
EL CENTRAL

The Northern Guard gave their most enthusiastic performance of the season last Saturday at Keyworth. The weather cleared and warmed up just enough for it to be comfortable to be out for a game. They sang and danced and howled support for the home team and hurled abuse at the visitors and the referees for the whole game. They tried ever so much to lift DCFC to a first home league win of the USL Championship season. It didn't work.

The visiting Tampa Bay Rowdies, a team descended from the old NASL days, came into the game only one point above DCFC in the Eastern Conference table. They left Hamtramck with three points and breathing room between themselves and last place. Even though City had more possession than the visitors, it resulted in very few shots at or on goal. The Rowdies had little difficulty creating scoring chances. They fired off seventeen shots, five on goal, and kept Nate Steinwascher very busy. Once again City held an opponent to a single goal. And, once again, DCFC failed to score. That's six 1-0 defeats and counting this year.

The game's only goal came from a penalty kick in the seventy-ninth minute. The crowd voiced their displeasure with the decision against Devon Amoo-Mensah, but replays showed his arm extended to block an attempt on goal. With a somewhat sheepish expression, he didn't argue the ensuing yellow card. Charlie Dennis comfortably stroked the ball down the middle of the goal as Steinwascher guessed to his left. City tried to push for a late equalizer, but the closest they came was a shot by Skage Simonsen that rattled the crossbar during a scramble following a corner.

Now that the season has reached the quarter mark, it's tough to say that this team looks like a playoff contender. This Saturday's visitors to Keyworth are FC Tulsa, just three points ahead in the table, but in the final playoff spot. As early as it is in the season, DCFC has to look at this as a must win. Somehow, Trevor James has to coax a win out this team. Negative momentum is building fast after six defeats in eight games. The defense and goalkeeper have been adequate to spectacular, but there are problems all over the field after that. Adrien Billhardt had a lively game on the left wing, but couldn't turn his energy into end product. O'Neil Fisher on the right never took a defender one-on-one, too often electing to slow the attack and pass backwards.

The front pairing of Yazeed Mathews and Ben Morris has no chemistry. They don't link up. They don't look for each other. They don't move without the ball in ways that force the opposing defense to react. They also have had precious little support from midfield. Connor Rutz is off to a poor start. He had a chance to open the scoring the first half on Saturday, but showed a lack of conviction and confidence in failing to test the goalkeeper. Rutz is nominally in the #10 position, but doesn't hold the ball well enough and bring other players into attacking movements. Mathews did excite the crowd with a spectacularly attempted Chilena, but it went harmlessly over the bar. In the second half, Tampa overran the DCFC midfield, pushing Le Rouge deeper into their own end. Still, only the penalty kick broke the back line's resistance, so that's a testament to team's dedication to the defensive side of the game.

It's hard to see where the offensive impetus is going to come from. The bench isn't deep as City remains a low budget team. Trevor James hasn't found his ideal eleven players yet, or even a formation that suits the players he has. The back three is keeping the goals against low, but how does he find an offensive spark? Opponents are pushing their defensive line higher and higher, knowing that City doesn't have the pace to break in behind. They have also shut down service from the wings by forcing City's wide players to turn into the middle. Given the run the team is on, James has to try something new against Tampa. The club has a full week to prepare. Trotting out the same old same old and expecting new results isn't a winning strategy.

While the team has been poor in the league, they did give Minnesota United of MLS a pretty good scare for an hour in the Lamar Hunt US Open Cup. This match didn't have quite the fanfare as last year's game against the Columbus Crew, but it did give the fans hope for a while. Mathews score a fifth minute goal to give DCFC the lead. However, the MLS club had been sleepwalking through much of the half and was probably fortunate not to be further behind. They came out like a different team in the second half, but DCFC failed to respond and adjust until it was too late. Trevor James is typically slow to change things and he hesitated far too long in this game, as well. Signs of flagging energy in midfield appeared as early as the fifty-fifth minute, but no changes came until after the visitors had hit three goals in seven minutes to end the game as a contest.

Having been eliminated from the Cup and possessing the worst record in the USL Championship has to spur some kind of action. It will take a lot for the fans to turn, but at some point the people are going to want results on the field. Saturday's game against Tulsa represents another chance to kickstart the season. A loss to Tulsa at home would really set DCFC adrift at the bottom of the league, meaning the 2023 season could be over sooner rather than later.

Lions #1 Draft Picks !!!

(L-R) Head Coach Dan Campbell, Jahmyr Gibbs (from Alabama), Jack Campbell (from Iowa), and General Manager Brad Holmes. The Lions drafted RB Jahmyr Gibbs 12th overall in the first round and LB Jack Campbell 18th overall first round. Photo provided by the Detroit Lions

(L-R) Hall of Famer Barry Sanders, Jahmyr Gibbs (from Alabama), Jack Campbell (from Iowa), and Hall of Famer Calvin Johnson, pose for pictures. The Lions drafted RB Jahmyr Gibbs 12th overall in the first round and LB Jack Campbell 18th overall first round. Photo provided by the Detroit Lions

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EDITORIAL OPINION

"Legal, Illegal Guns, Dead People"

By Raoul Lowery Contreras

Here we go again. Guns. Illegal residents.

In Texas, a man buys a semi-automatic rifle designed and manufactured to look like a weapon of war, he shoots five people including a nine year old child and the gun nuts claim it wasn't the rifle, it was the man who shot to kill.

Makes sense to people throughout the country. The gun doesn't kill, the shooter does. Ok. But then glorified clerks of the Customs and Border Patrol reveal the shooter is in the country illegally and has been previously deported back to Mexico. Then the Governor's office announces a $50,000 reward for the shooter's capture and on the side mentions the five dead were here illegally from Honduras.

Ok.

But Mr. Governor, as far as we know none of the 21 people killed in Uvalde, Texas, in an elementary school, were in the country illegally, nor was the shooter. Nor, we think, were any of the dozens upon dozens of badge-wearing, gun-toting deputy sheriffs, city cops, school police, Texas Rangers and Border Patrol agents. As far as we know, every "officer or agent" was a U.S. citizen.

Is that why they all stood around while little ten year olds were being slaughtered? Is that why every Texas Ranger there or in the Ranger chain of command hasn't been fired? They were citizens.

And why haven't you, Mr. Governor, focused on the inactivity of all law enforcement in Uvalde and for their incompetence, cowardice and singular lack of courage?

In fact, Mr. Governor, why haven't you admitted your incompetence for not firing every single Texas Ranger or Department of Public Safety officer who lied to all of us about state officer incompetence and the cowardice of every state officer present during the slaughter of all those kids?

Why expose this episode committed by and against people in the country illegally?

Simple. Apparently the rifles involved were bought legally. The dead were legal and illegal; the instruments of death were both legal. It is illegal for an illegal resident to own a rifle or pistol; it's against federal law. Nonetheless, this Texas illegal resident bought a rifle. From whom? How?

And why, Mr. Governor, haven't you made an announcement of how this weapon wound up in the alleged shooter's hands?

Doesn't the state of Texas care if guns are sold illegally? What's more important Mr. Governor the sale and possession of a rifle or gun or the buyer's legal ability to own it?

And, another question. Where is the Texas Attorney General? Where is the commission to investigate Uvalde and the questions about the behavior of every law enforcement officer present during the slaughter and the officials who looked into the event?

Is he too busy burying the criminal indictments against him? Indictments for felonies that were filed against him eight years ago.

Opinions in this column are not necessarily those of the Publisher or Editor

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Inspiring Quote of the Week !!!

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- G.K. Chesterton

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Motor City Match Distributes $1.5 Million in Cash Grants to 38 New and Established Businesses in Detroit

Mayor Mike Duggan and the Detroit Economic Growth Corporation (DEGC) recently awarded more than $1.5 million in grants to 38 new and established Detroit businesses selected as recipients of Motor City Match's Round 22 awards.

The latest round of funding will help business owners launch new brick-and-mortar businesses and make vital physical improvements to existing neighborhood businesses.

This year's awardees include a dog park brew pub, educational programming facility for Spanish language learners, a neighborhood home and garden center, and an array of restaurants, cafes and community gathering spaces. The 18 new businesses will emerge across 16 Detroit neighborhoods, including Core City, Mexicantown, Chalfonte, Brightmoor and Eastern Market.

"When we started Motor City Match, many people didn't think there was going to be enough interest in opening small businesses in Detroit to justify the program," said Mayor Duggan. "Now we have opened nearly 150 new businesses with 20 more expected this year. There is no shortage of entrepreneurial talent in Detroit and today's winners are a great example of that. These 18 new businesses will bring new energy and vibrancy to 15 neighborhoods across the city."

This funding cycle has resulted in the distribution of an impressive $1,020,000 in cash grants, which have been awarded to 18 promising new businesses. These grants will enable these businesses to establish a physical presence within the city, contributing to local economic growth. Additionally, $467,300 in grants has been awarded to 20 established businesses to facilitate necessary renovations to their current spaces, thanks to funding from the American Rescue Plan Act.

The program confirmed awards to 48 more entrepreneurs in its Business Plan, Develop and Design tracks in addition to the grants. For Detroit businesses still working on their projects, these grants give technical assistance, including business services, training and one-on-one advising.

In total, 86 Detroit businesses representing all seven council districts received support from Motor City Match's 22nd round.

"Small businesses are the heartbeat of Detroit, driving innovation, creating jobs and fostering a sense of community that is essential to the city's survival," said DEGC President and CEO Kevin Johnson, whose organization manages the Motor City Match program. "Supporting these entrepreneurs is not only an investment in the local economy but a commitment to the spirit and resilience of Detroit itself."

Since 2015, Motor City Match has awarded more than 1,700 businesses, resulting in 148 new brick & mortar businesses currently operating throughout the city. Starting with Round 20, the program leverages federal funding from the city's ARPA allocation to increase both the number of grants and scope of services available. The quarterly grant pool has been increased to $1 million for new businesses and offers up to $500,000 in grants to existing businesses operating in the city for at least one year.

Motor City Match Round 22 awarded 18 new businesses and 20 existing businesses in Detroit, totaling $1.5 million in cash grants. In Round 22, 88% are minority-owned businesses; 64% are women-owned businesses; and 81% are businesses owned by Detroit residents

Integrating ARPA funding into the program represents a continuation of the city's efforts to support businesses in combatting the negative economic impact of the pandemic. The DEGC administered over $15 million in Covid relief grants between March 2020 and March 2021 and introduced the Detroit Means Business platform to provide wrap-around services for Detroit businesses. ARPA funding, which was approved last year by Detroit City Council, has allowed Motor City Match and the DEGC to continue those efforts and target support to underserved Detroit entrepreneurs.

Motor City Match continues to grow Detroit's small-business landscape

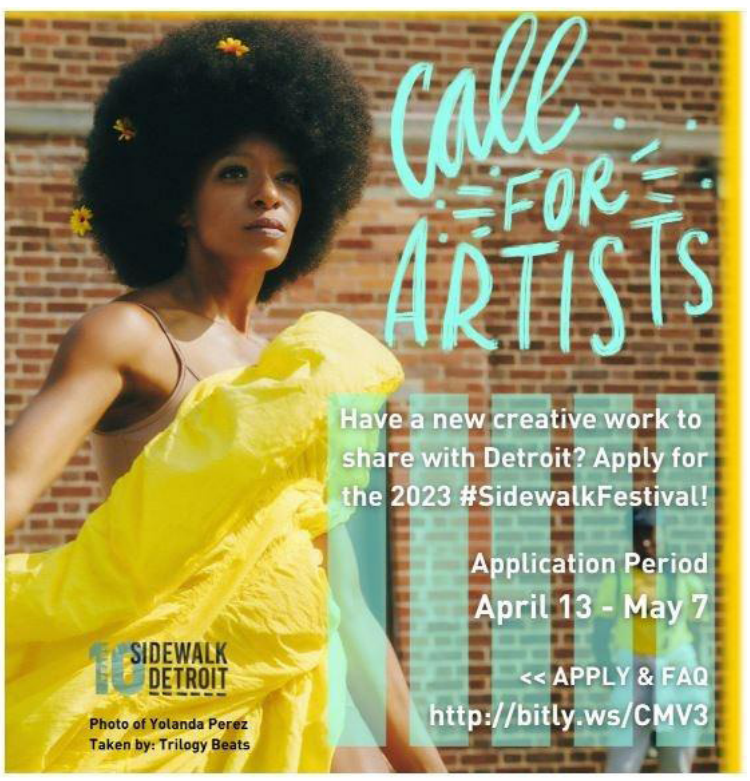
Combined with its other small business programming, DEGC is creating a sustainable small business environment that nurtures new concepts and ideas. Motor City Match offers business owners a wide range of assistance in five tracks Plan, Develop, Design, Cash and Restore. The program helps Detroit entrepreneurs plan, formalize, and launch their business by providing business planning classes, site-selection assistance, financial planning, legal aid, design services and gap funding.

Through 21 rounds of the program:

- Total business open: 148
- Total businesses under construction: 79
- Total cash grants: $12.9 million
- Total leveraged investment: $68 million
- 81 percent are minority-owned businesses
- 70 percent are women-owned businesses
- 66 percent are businesses owned by Detroit residents
- 1,697 total business served

About Motor City Match

Motor City Match is a unique partnership between the City of Detroit, the Detroit Economic Growth Corporation (DEGC), the Economic Development Corporation of the City of Detroit (EDC) and the U.S. Department of Housing and Urban Development (HUD). Competitive financial assistance is supported by a broad partnership of Southeast Michigan community development financial institutions and corporations including, Bank of America, Fifth Third Bank, Ford Foundation, Hudson Webber Foundation, JPMorgan Chase & Co., Knight Foundation, The Kresge Foundation, New Economy Initiative and the W.K. Kellogg Foundation. Motor City Match applications are available quarterly. More information is available at www.MotorCityMatch.com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Call for Artists for #SidewalkFest has gotten extended from Sunday, May 7th, until Sunday Sunday, May 14th

Salud/*Health*

Sunscreen is a Great Start to Skin Protection. But Don't Stop There

(StatePoint) The warm weather months serve as an important reminder that the choices you make can help you keep your skin healthy and reduce your risk of developing skin cancer. Experts say that your routine can and should go beyond simply wearing sunscreen.

"Taking care of your skin is absolutely essential no matter your age, skin color, or what time of year it is," says New York City dermatologist, Dr. Rachel Nazarian. "Shielding your skin from damage from the sun and other sources of free radical production will not only help you look and feel your best in the years ahead, it will ultimately help prevent skin cancer."

As you hit up the pool, the beach, the backyard and more this season, here are four skin protection tips to keep in mind:

1. Do the basics. Use a broad-spectrum sunscreen daily. It's one of the most basic steps you can take to protect your skin. Be diligent about application and reapply as needed throughout the day, following the directions of the product you're using.

2. Go above and beyond. UV rays from sun exposure are a major cause of skin cancer because they produce free radicals. The good news? You can neutralize their negative effects with a daily supplement that has antioxidant properties, such as Heliocare Daily Use Antioxidant Formula. Each dose of Heliocare -- a dermatologist-recommended, natural daily supplement -- has 240mg of Fernblock PLE technology, an exclusive extract with antioxidant properties from the Polypodium Leucotomos plant. Studies have shown that Polypodium Leucotomos helps to counteract free radicals and decrease their damaging effects.

"Taking a supplement such as Heliocare is a great idea, because unlike sunscreen, it doesn't wash away," says Dr. Nazarian. "Incorporating it into your morning routine along with your SPF can help you start the day with peace of mind."

3. Reduce exposure. You can greatly reduce your sun exposure by choosing to be in the shade while you're outdoors, and by wearing a hat and protective clothing. These days, there are special UPF fabrics to consider that offer UV protection. Simply wearing long, loose-fitting clothing that covers yours arms and legs can also make a big difference in keeping you cool and protected.

4. Don't wait. Finally, don't wait for a special occasion such as a beach or pool day to take precautions. Exposure to the sun and other damaging elements happens all the time, even when you're indoors. So be sure to protect your skin from the inside out every day, this season, and beyond.

To learn more and to access additional skin care information, visit heliocare.com.

As you enjoy a season of sun, take care of your long-term health and wellness. Adopt a skin protection regimen and be sure to keep it up all year long.

Lo que los adultos mayores deben saber después de una visita al médico

(StatePoint) Usted sabe lo importantes que son las revisiones regulares y que es inteligente consultar a su proveedor de atención médica cuando tiene una inquietud. Pero, lo que sucede después de la consulta es igual de esencial para mantener una buena salud.

Desafortunadamente, algunas personas no siguen los consejos de su proveedor. Tal vez no toman sus recetas como están prescritas o renuncian a los exámenes preventivos y vacunas recomendados. Esto puede ser costoso, tanto para las personas como para el sistema de atención médica. Como ejemplo: Más de 125,000 personas mueren cada año por no ajustarse a los medicamentos recetados, según el Consejo Nacional de Información y Educación del Paciente.

Seguir el plan de atención recomendado por un médico puede ser un desafío, según el Dr. J.B. Sobel, director médico de la unidad de negocios de Medicare de Cigna Healthcare. Existen múltiples razones por las cuales los pacientes mayores pueden tener dificultades para seguir las instrucciones de su proveedor, lo que incluye el manejo de varios medicamentos en diferentes momentos del día, o problemas para acceder a la atención o pagarla.

Afortunadamente, hay algunos procesos y recursos que pueden ayudarle a seguir fielmente los consejos de su proveedor de atención médica.

Organícese. Según la Kaiser Family Foundation, más de la mitad de los adultos mayores de 65 años toman cuatro o más medicamentos recetados. Con más medicamentos, puede ser difícil saber qué tomar, cuándo tomarlo y en qué dosis. Un organizador de píldoras de bajo costo, disponible en farmacias y puntos de venta, puede ayudarle a mantenerse organizado. También es posible que desee automatizar su medicamento tomándolo a la misma hora todos los días si las instrucciones lo permiten. La clave es encontrar un sistema que le funcione a usted y ajustarse a él.

Comuníquese con su proveedor o farmacéutico. Si su medicamento no parece estar funcionando o está causando efectos secundarios indeseables, hable con su médico o farmacéutico acerca de ajustar su dosis o cambiar a una alternativa. Del mismo modo, comente con su proveedor cualquier inquietud que tenga sobre las pruebas de detección o análisis.

Tener una buena relación con su médico ayuda. Tome notas en su cita o traiga a un ser querido con usted para que le ayude con las preguntas. Y no tema preguntar si hay algo que no entienda.

Conecte a sus proveedores. Asegúrese de que sus diversos médicos compartan información. Por ejemplo, si tiene una visita inesperada al hospital, notifique a su proveedor de atención primaria para que pueda revisar cualquier medicamento o diagnóstico nuevo del hospital y ayudarle a encajarlo en su plan de atención actual. Esto también puede ayudar a protegerlo de procedimientos innecesarios o duplicados.

Obtenga acceso alternativo a la atención. Si tiene dificultades para moverse o vive lejos de donde se brinda atención, existen programas para ayudarle. Su proveedor puede ofrecer consultas virtuales. Quizá pueda recibir recetas de manera segura en su hogar en un suministro de 90 días, tal vez a un costo menor, y con recordatorios para resurtidos. Si tiene un plan Medicare Advantage, puede ser elegible para recibir viajes hasta su proveedor o farmacia sin costo adicional. Obtenga más información sobre los planes de Medicare Advantage de Cigna Healthcare en www.cigna.com/medicare.

Busque ayuda con los costos. "Ayuda adicional" es un programa federal que proporciona apoyo para el costo de los medicamentos recetados a aquellos que cumplen los requisitos. Muchos fabricantes farmacéuticos ayudan a los clientes a pagar los medicamentos. También puede preguntarle a su proveedor de atención médica sobre medicamentos genéricos, que generalmente cuestan menos, pero son igualmente efectivos.

Los planes Medicare y Medicare Advantage pagan muchos procedimientos preventivos sin costo adicional para usted.

"Si mantenerse al día con su atención médica se siente abrumador, no se desanime", dijo el Dr. Sobel, que supervisa un equipo de médicos que se comunican con los clientes de Medicare Advantage de Cigna Healthcare cuyas recetas han caducado o no se han resurtido. "Pida ayuda a un médico, una farmacia o un ser querido. Ellos quieren ayudarle. Tenga en cuenta que es más fácil mantener una buena salud que recuperarla después de una crisis prevenible".

La información contenida en este artículo no pretende ser un sustituto del consejo, diagnóstico o tratamiento médico profesional. Siempre pida consejo a su médico u otro proveedor de atención médica calificado para cualquier pregunta que pueda tener con respecto a un trastorno de salud o tratamiento, y antes de emprender un nuevo régimen de atención médica.

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Build Institute Shows Off Its New Co-Working Space

Build Institute recently celebrated the reimagining of their space on the corner of Michigan and Trumbull with an Open House on April 27. Designed and decorated by Concetti Studio, an interior design firm founded by Build Institute alum Rachel Nelson, the space features multiple offices, soundproof booths for meetings and phone calls, a pop-up retail space, and more, all of which are available for community use.

Attending the Open House were numerous Alumni, microentrepreneurs eager to learn about the educational and financial resources Build offers, longtime leaders in Detroit's entrepreneurial ecosystem, and city officials. President and CEO, Regina Ann Campbell spoke to a crowd of approximately 200 about Build Institute's mission to support micro-entrepreneurs with access to capital, education and 1:1 support across Detroit and the nation.

The co-working space will officially open in June 2023 as a space to work with likeminded microentrepreneurs. Find out more about Build and all their services at www.buildinstitute.org.

Build Institute front entrance on Trumbull

New co-working interior spaces allow for networking, meetings, and more

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